

White.

1648.

A new

ALMANACK

and Prognostication for
the year of our Lord Christ,
1648.

Being the Bissextile, or the Leape-year.
Wherein is contained variety of
matter worth the observation.

Calculated for the Meridian of
the most Honourable City of Lon-
don, and will serve generally
for the *Monarchy* of Great
BRITAIN

By JOHN WHITE wel-willer to
the *Mathematicks*.



LONDON,

Printed by F.K. for the Com-
pany of STATIONERS.

The common Notes and moveable Feasts

For this yeare

1648



For the next.

1649

15		The Golden Number	
5		The Cycle of the Sun	
15		The Epact	
15. 3		The Dominicall Letters,	
Febr. 13	-	Shrove Sunday	Febr. 13
April 2		Easter Day	March 29
May 7		Ascension Sunday	April 29
May 11		Trinity Sunday	May 3
May 21		Whit Sunday	May 13
Decem. 3		Advent Sunday	Decem. 3

Physicall Elections.

Take	{	Blomits	{	The	{	Om
		Glitters		Moon		ves
		Gargarismes		or		VS
		Preparatibes		Signe		in
		Stop Rheumes & Fluxes		in		Om
	{	Purge by needling				SD

Five times for Blood-letting.

- The Sanguine from the new moon to the first quarter.
- The Cholericke, from the first quarter to the full.
- The Phlegmaticke, from the full to the last quarter.
- The Melancholy, from the last quarter to the change.

Dangerous times for Blood-letting.

In the heate of Summer, or cold of Winter, or when the moon is in the signe which governeth that part of the body you would let blood; Also within two dayes of the change, or full of the moone.

The Anatomie of mans Body as the parts
thereof are governed by the twelve Celestiall
Signes of the Zodiack.

Aries, Head and face.

Taurus,
Neck and
throat.
Cancer,
Brest and Sto-
mach
Virgo,
Bowels and
lelly
S. orpio,
Secret merin-
bers
Capricorn,
testes.



Gemini,
Armes and
hands
Leo,
Heart and
back
Libra,
Reynes and
loynes
Sagittarius,
Thighes
Aquarius,
Legges

Pisces, the Feet.

Of the Tide-Table or high Water at London Bridge,
Whitby, Harle-poole, and Penmark.

At the two last columnes of the Almanack toward the
right hand is set some the time of high water at
London, Whitby, Harle-poole, and Penmark, As for ex-
ample, upon Sunday 29. of January, It is high water
at all the aforesaid places, at 11 & no minutes before
noon. But note that every 12 hours the Tide alters a
little more then a quarter of an houre. As now it is
high water at 11 before noone, then it will be high
water againe a little above a quarter of an houre past
12 at night. So it flowes aboue 4 hours and ebbs 8.

Note also that 15 minutes make a quarter, 30 halfe an
houre, 45 three quarters, and 60 an houre.

Note also, that when the Moone cometh to the North-east
to the South-west, it maketh a full Sea in all those aforesaid
places. For the Tides follow the course of the Moone.

The beginning and ending of the Termes
with their Returnes and Effoyne dayes, dayes of exception
Returna brevium, and dayes of appearance,
for this yeere, 1648.

Returne Dayes, or Dayes of Effoyne.	Dayes of Exception.	Returna Brevium.	Dayes of Appearance.
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Hilary Terme begins January 24. and endeth the 14.
of February, and hath foure returnes.

Octab. Hil.	Jan. 20	Janu. 21	Janu 22	Janu 23
Quind. Hil.	Jan. 27	Janu. 28	Janu. 29	Janu. 30
Craft. Puri.	Feb. 3	Feb. 3	Feb. 4	Feb. 5
Octab. Puri	Feb. 9	Feb. 10	Feb. 11	Feb. 12

Easter Terme beginneth the 19 of April, and endeth
the 15 of May and hath five returnes.

Quind. Pas.	April 17	April 18	April 19	April 20
Tres Pasc.	April 24	April 25	April 27	April 28
Men. Pasc.	May 2	May 2	May 3	May 4
Quinq; Pa.	May 8	May 9	May 10	May 11
Craft. Ascē.	May 12	May 13	May 14	May 15

Trinity Terme beginneth the 2 of Iune and en-
deth the of 21 of Iune, and hath 4 returnes.

Craft. Trini.	May 29	May 30	June 1	June 2
Octab. Tri	June 5	June 6	June 7	June 8
Quind. Tri.	June 12	June 13	June 14	June 15
Tres Trin.	June 19	June 20	June 21	June 22

Michaelmas Term beginneth the 23 of October, and en-
deth the 28 of November and hath 6 returnes.





Tres Mich.	Octo. 20	Octo. 21	Octo. 21	Oct. 22
Men. Mich	Octo. 27	Octo. 28	Octo. 30	Oct. 31
Craft. Ani.	Nov. 3	Nov 4	Nov 6	Nov. 7
Craft. Mar.	Nov. 11	Nov 11	Nov. 13	Nov. 14
Octab. Mar.	Nov. 18	Nov 18	Nov. 2	Nov. 3
Quind Mar	Nov. 25	Nov. 25	Nov 27	Nov. 28

Notethis generally, that the first and last dayes of each Term
are the first and last dayes of appearance.

January hath xxxj dayes.

Warne Meates, thick cloathes this moneth are good,
No Phisick, Bathes or letting blood.

Day Sun riseth at 8 and 1 min. sets at 3 and 59 min.
Day Sun riseth at 7 and 43 min. sets at 4 and 17 min.

New years day	Heart & Back		4	36
	Belly and		5	24
	Bowels	Last quarter	6	12
	Loyues	the 7 day,	7	0
	and	nier 5 in the	7	48
Twelve Day	Retnes	mornig	8	36
	Secrets and		9	24
	bladder		10	12
Sol in Aquar	Thighes		11	0
	and	Acto moone	11	48
	Hanches	the 14 day,	12	36
	knees	halfe an hou-	1	24
Hilary	knees	pass at night	2	12
	Legges		3	0
	Legges		3	48
The 25 of this	Legges	first quarter	4	36
mo. was Co. the	feet	the 21 day, 3	5	24
2 depoled after	feet	quarters pass	6	12
murdered at	Head and	10 at night.	7	0
Barkley. 32 ye.	face		7	48
since. The 28 of	Neck		8	36
this mo. Wen the	and	full moone	9	24
8 dyed, 102 years	Throate	the 29 day at	10	12
since.	Armes and	12 at night	11	0
	Hands		12	48
Terme begins	Breast and		12	36
	Stomack		1	24
Fast Day.	Heart and		2	12
	Back		3	0
Septuages. Sun	Bowels and	A 3	3	48
	Belly		4	36

February hath xxix daies.

Milk, Herbs, and fennish Fowle deny,
Purge not, nor use Phlebotomie.

1 day sun riseth at 7 and 13 min. sets at 4 and 47 min.
15 day sun riseth at 6 and 46 min. sets at 5 and 14 min.

Month	days	days of the week	Festival dayes and Term dayes.	The Moones place in the Zodiack	The new, full and quarters of the Moon	High water at London Bridge.
1	d		Purific. Mar.	loynes and reines		
2	e		The 18 of this	Secrets and		
3	f		Moneth the	bladder		
4	g		Dove brought	Thighes		
5	a		the olive branch	and		
6	b		Exaltation	Thighes		
7	c		Sol in Pifces	knees		
8	d			knees		
9	e		Term ends	Legges		
10	f		Shrove Sunday	Legges		
11	g		Valentine	Legges		
12	a		The 14 of this	Feet		
13	b		moneth, was the	Feet		
14	c		Dallgrave mar-	Head		
15	d		rried to the Lady	and		
16	e		Elizabeth, being	face		
17	f		25 years since.	Neck and		
18	g		Quadrages.	throat		
19	a			Arms and		
20	b			hands		
21	c			Wrist and		
22	d			Stomach		
23	e			Heart and		
24	f			back		
25	g			Bowells and		
26	a			Belly		
27	b			Loynes and		
28	c			Reines		
29	d					

Last quarter
the 5 day half
an hour past
afternoon.

New moon
the 13 day
about 1 in the
afternoon.





First quarter
the 21 day,
nere 3 in the
afternoon.

Full moon
the 28 day 3
quarters past
9 in the fore-
noon.

March hath xxxj. dayes.

Grosse meats doe hurt, use Food that's fine;
Let blood and take some Medicine.

47 m Day Sun riseth at 6 and 18 min. sets at 5 & 42 min
id 14 m 15 Day, Sun riseth at 5 and 50 min. sets at 6 and 10 m.


High w at Lond Bridge	David	Lopnes	4	36
	The 4 of this	Secrets	5	24
	moneth Henry	and	6	12
	the 6 was depo	bladder	 Last quarter	7
	sed, and after	Thighes and	the 6 day a	7
	murdered in the	hanches	quarter past 4	8
	Tower, 188 ye.	Knees	in the mozn	9
	The 17 the Lady	Knees		10
	Anne was bozne	Knees		11
	13 yeas since.	Knees	 New moon	11
	Sol in Aries	Legges	the 14 day, 3	12
		Legges	quarters past 1	1
		feet	6 in the mozn	2
	The 20 of this	feet		3
	moneth Henry	feet		3
	the 4 dyed, 236	head and	 First quarter	3
	years since.	face	the 22 day at	4
	The 24 D. Eli.	Neck and	3 in the mozne	5
	zabeth dyed 46	rhioate		6
	yea. since. The	Armes and		7
	27 R James dy.	hands		7
	ed, 24 yea. since	Breast and	 Full moon	8
		Stomach	the 28 day a	9
		Heart and	quarter past 6	10
		back	in the evening	11
	Ann of Mary	Bowels		11
		and		12
	Intt. Reg. car	belly		1
	Fast Day	Lopnes and		2
		Reines		3
		Secrets and		3
		a ladder		4


April hath xxx. dayes.


The Bloud being hot, coole Herbs now use,
And March his precepts not refuse.


1 day, Sun riseth at 5 and 16 min. sets at 6 and 44 min.
15 day, Sun riseth at 4 and 51 min. sets at 7 and 9 min.

1	E		Thighes		5
2	E	Easter Day	and		6
3	b		hanches		7
4	c	The 6 of this	knees		7
5	d	mon Ric. the 1	knees		8
6	e	was slain in mor.	Legges		9
7	f	mandis. 449 ye.	Legges		10
8	g	since.	Feet		11
9	E	Loth-sunday	Feet		1
10	b	Sol in Taurus	Feet		12
11	c		Head and		1
12	d	The 9 of this	face		2
13	e	mon. Co. the 4	Neck and		3
14	f	ayed, 165 years	throate		3
15	g	since.	B rms		4
16	E	The 22 of this	and		5
17	b	mon Hen. the 7	hands		6
18	c	died 39 years	Breast and		7
19	d	since.	Stomack		7
20	e	Terme begins	Heart and		8
21	f		Back		9
22	g		Stomells and		10
23	E	George	belly		11
24	b		Lignes and		11
25	c	Mark Evang.	reines		12
26	d	Fast Day	Secrets and		1
27	e		bladder		1
28	f		thighes		2
29	g		and		3
30	E		hanches		3


Last quarter
the 4 day
quarters past
6 at night.


New moon
the 11 day
3 quarters
past 10 at
night.


First quarter
the 20 day, 3
quarters past
11 before
noone.



Full moon
the 27 day
near 3 in the
morning


May hath xxxj dayes.


Put Sage in drinke, drinke Wormwood-wine,
Use Physicks helpe, walke mornings fine.


1 Day Sun riseth at 4 and 23 min. sets at 7 & 37 min
15 Day Sun riseth at 4 and 4 min. sets at 7 and 56 min

Phil. & Jacob	Knees	5	2
	Knees	6	31
The 29 of this moneth Prince Charles was borne, 18 years since.	Leggs	7	0
	Leggs	7	48
	Leggs	8	31
	feete	9	25
Rogation sun.	feete	10	12
	head	11	0
	and	1	41
Sol in Gem.	face	12	36
Ascension day	Neck and throte	1	24
	Armes and hands	2	13
	Armes and hands	3	0
Termes ends	Breast and Romack	3	48
	Heart and back	4	36
	Heart and back	5	24
	Belly and Bowels	6	12
Whitsunday	Loynes and retues	7	0
	Secrets	7	48
	and	8	36
	bladder	9	24
	Thighs and hanches	10	12
Trinity sun.	Knees	11	0
	Knees	11	48
	Knees	12	36
Fest Day	Leggs	1	24
	Leggs	2	12
	Leggs	3	0
	Leggs	3	48
	Leggs	4	36
	Leggs	5	24


Last quarter
the 4 day, at
quarter past
11 before
noone


New Moone
the 12 day at
hour 12 at
noone


First quarter
the 19 day, at
6 in the evening



Full moon
the 26 day, at
11 before
noone.


June hath xxx dayes.


Let phyficke goe, coole Herbs now take,
Sweet Drinks and Venus now forsake.


1 Day Sun riseth at 3 and 50 min. sets at 8 and 10 min
15 Day Sun riseth at 3 and 47 min. sets at 8 and 13 min

1	e	Corp. Christ	Leggs		
2	f	Terme begins	feet		
3	g		feet		
4	a	The 21 of this	feet		
5	b	moneth Toward	head and		
6	c	the 3 dyed 27	face		
7	d	years since.	Neck and		
8	e		throat		
9	f		Breast and		
10	g		hands		
11	a	Sol in Cancer	Breast and		
12	b		Stomach		
13	c	The 22 of this	Heart and		
14	d	moneth To-	back		
15	e	ward the 5 and	belly		
16	f	his Brother	and Bowels		
17	g	were marthered	Lynes		
18	a	in the tower 65	and		
19	b	years since.	reines		
20	c		Secrets and		
21	d	Terme ends	ladder		
22	e		Thighes and		
23	f		inches		
24	g	Sol in Baptis	Knees		
25	a		Knees		
26	b		Knees		
27	c		Leggs		
28	d	Last Day	Leggs		
29	e	S. Peter apost.	feete		
30	f		feete		


Last quarter
the 3 day half
an hour past
in the moone.


New moone
the 10 day,
halfe an hour
past 12 at
night.


First quarter
the 17 day, a
quarter past
at night.



Full moon
the 24 day, 3
quarters past
10 at night.


July hath xxxj dayes.


Use Sallets fresh to coole the heate,
And bathe in Springs to cleanse the sweat.


1 day, Sun riseth at 3 and 56 min. sets at 8 and 4 min.
15 day Sun riseth at 4 and 12 min. sets at 7 and 48 min.

6	1	a	The 6 of this	feet	6	12
7	0	b	moneth Henry	Head and	7	0
7	4	c	the 2 dyed, 459	face	7	48
8	3	d	years since.	Neck	8	36
9	2	e		and	9	24
10	1	f		throate	10	12
11	0	g		Arms and	11	0
11	4	a		hands	11	48
12	3	b		Breast and	12	36
13	2	c		Stomach	1	24
14	1	d	Sol in Leo	Heart and	2	12
15	0	e		back	3	0
16	0	f	The 7 of this	belly and	4	48
17	0	g	moneth Edward	Bowells	5	36
18	0	a	the 1 dyed, 340	Loynes and	6	24
19	0	b	years since.	reines	7	12
20	0	c		Secrets and	7	48
21	0	d		Bladder	8	36
22	0	e	Big day begin	Thighes	9	24
23	0	f		and	10	12
24	0	g	The 6 of this	Hanches	11	0
25	0	a	moneth Edward	Knees	11	48
26	0	b	the 6 dyed, 95	Knees	12	36
27	0	c	years since.	Legges	1	24
28	0	d	S. James Ape	Leggges	2	12
29	0	e	Ed. Day	Leggs	3	0
30	0	f		Feete	3	48
31	0	g		Feete	4	36
		a		Head	5	24
		b		and	6	12
		c		face	7	0


Last quarter
the 3 day.
halfe an hour
past 9 at night


New moon
10 day, half an
hour past 10
before noone.







first quarter
the 17 day a
quarter past 3
in the morning


Full moon
14 day, a quat-
ter past 11
before noon.

August hath xxxj. dayes.

Fly Physick, and Phlebotomie,
Eschew cold baths and venerie.

First day, Sun riseth at 4 and 48 min. sets at 7 & 22
15 day Sun riseth at 5 and 4 min. sets at 6 and 56


1	c	The 1 of this	Beck and		
2	d	mo. R. Will. R.	throat		
3	e	his was slaine	Armes and		Last quarter
4	f	with an arrow	hands		the 1 day, a
5	g	in New forest,	Breast and		quarter past
6		547 ye. since.	Stomach		2 afternoon.
7	b	The 9 of this	Heart and		
8	c	mo. the La. Eli.	back		New moon
9	d	whether of the Pa.	Bowels and		the 8 day, at
10	e	lamine was	belly		7 at night
11	f	born. 53 ye. since	Loyues and		
12	g		reines		
13		Sol in Virgo	Secrets		First quarter
14	b		and		the 15 day, 3
15	c	The 12 of this	bladder		quarters past
16	d	mo. Ric. the 3	Thighes and		9 in the morn
17	e	was slaine in	hanches		
18	f	Wostworth field	Armes		Full moon
19	g	by Hen. the 7	Armes		the 23 day,
20		163 years since.	Legges		near 2 in the
21	b		Legges		morning
22	c		Legges		
23	d	S. Barthol. Ap.	Feet		Last quarter
24	e		Feet		31 day, halfe
25	f		Head		an hower past
26	g	The 27 of this	and		in the morn
27		mo. Hen. the 8.	face		ing
28	b	Ed. 226 ye. since	neck and		
29	c	Dog dayes end	throat.		
30	d	Fast Day.	Armes and		
31	e		Hands		


September hath xxx dayes.


Now drinke Goates milke, on ripe Fruits feed;
(If need require) Purge, Bath or bleed.


Day Sun riseth at 5. and 37. min. sets at 6. & 23. min
Day Sun riseth at 6. and 4. min. sets at 5 and 56. min

1		Breast'	9	24
2		and	10	12
3	This mo. the 9	Stomach.	11	0
4	day. All the 10	Heart and	11	48
5	quor. dyed at	Back.	12	36
6	Cane in 120. mō	Bowels and	1	24
7	dy. 56. ye. Ance.	Belly	2	17
8		Lopnes and	3	0
9		retues.	3	48
10		Secrets and	4	36
11		Bladder	5	24
12		Thigges and	6	12
1	Sol in Libra	Hanches	7	0
2		Knees	7	48
3	This mo. the 19	Knees.	8	36
4	Ric. the 2 was	Knees	9	24
5	deposed. & after:	Leggs.	10	12
6	ward murdered	Legges	11	0
7	in Dornstet	Feet	11	48
8	castle. 149 years	Feet	12	36
9	Ance.	Feete.	1	24
10		Head and	2	12
11	Marthey Evā	face	3	0
12		Neck	3	48
1		and	4	36
2		Throate.	5	24
3	Fast Day-	Armes and	6	12
4		hands	7	0
5		Breast and	7	48
6	Michael Arch	Stomach	8	36


New Moone
the 7 day, near
3 in the morn
ing.


First quarter
the 13 day,
half an hour
past 7 in the
evening


Full Moone
the 21 day, a
quarter past
6 afternoon



Last quarter
the 29 day,
at 7 at night


October hath xxxj dayes.


Strong Wine, hot Bathes, and Spice thats good
Preserves our health, purge, or let blood.


1 Day Sun riseth at 6 and 36 min. sets at 5 and 24 min.
15 Day Sun riseth at 7 and 3 min. sets at 4 and 57 min.

1	The 19 of this	Heart and
2	moneth R. John	back
3	was poysoned	Bowels and
4	by a popish	belly
5	Monk at Swin-	Loynes and
6	kes abbey 432	reynes
7	years since.	Secrets and
8	The 25 of this	bladder
9	moneth R. Ste	Thigves
10	phen dyed 494	and
11	years since.	hanches
12	Sol in Scorpio	Knees
13	The 15 of this	Knees
14	moneth the Du.	Leggs
15	of Poike was	Leggs
16	borne 15 years	Leggs
17	since.	feet
18	S. Luke Evan.	feet
19		head and
20		face
21		neck
22		and
23	fermie begins	Throat
24		Armes and
25		hands
26	Fast Day	Brest and
27		Stomach
28	Sim. and Jude	Heart and
29		Back
30		Bowels and
31		Belly


New moon
the 6 day a
quarter past
11 before noon


First quarter
the 13 day a
quarters past
8 in the morn.


Full moone
the 20 day a
quarter past a
11 before noon


Last quarter
the 29 day at
half an hour
past 6 in the
morning.

November hath xxx. dayes.

From cold preserve thy Head and Feet,
Abstaine from Wine, that's new and sweet.

1 day Sun riseth at 7 and 34 min. sets at 4 and 26 min.
15 day, Sun riseth at 7 and 55 min. sets at 4 & 5 min.

1	All saints day	Loynes and	11	0
2	The 17 of this	vetines	11	49
3	moneth M. Mary	Secrets	12	36
4	died 90 yr. since	and	1	24
5	Papists conspi.	bladder	2	12
6	The 4. of this	Thigbes and	3	0
7	moneth the La-	hanches.	4	48
8	dy Mary was	Knees	5	36
9	born 674. since	Knees	6	24
10	Martin.	Legges	7	12
11	Sol in sagitary	Legges	7	0
12		Leggs	8	48
13		feet	9	36
14	The 6 of this	feet	10	24
15	moneth Dr. Hen-	head	11	12
16	ry dyed 35 year	and	11	0
17	since.	face	12	48
18		Neck and	1	36
19	Nat. Reg. Can.	thioate	2	24
20	48 years since	Armes and	3	12
21		hands	3	0
22		Breast and	4	48
23	The 16 of this	Stomach	5	36
24	moneth Henry	Heart and	6	24
25	the 3 dyed 378	back.	7	12
26	years since.	Bowels	7	0
27		and	8	48
28		belly	9	36
29	Terme Ends	Loynes and	10	24
30	Fast Day	Reines	11	12
31	S. Andrew ap			

●
New moon
the 4 day half
an hour past 9
at night

☾
First quarter
the 11 day,
about 1 in the
morning

●
Full moon
Eclipsed the
20 day half an
hour past 6 in
the morning

☾
Last quarter
the 27 day, at
4 in the after-
noon

December hath xxxj. dayes.

Use Meat that's warm, hot spice and wine,
Invite the poore to sup and dine.

1 day, Sun riseth at 8 and 10 min. sets at 3 and 5 min.
5 day Sun riseth at 8° and 13 min. sets at 3 and 47 min.

1	f		Secrets and		
2	g		bladder		
3	a	Advent sund.	Thighes and	New Moone	
4	b		hanches	the 4 day,	
5	c		knees	halfe an hour	
6	d		knees	past 9 in the	
7	e		knees	morning	
8	f		Legges		
9	g		Legges		
10	a		feet	First quarter	
11	b	So' is Capric.	feet	the 11 day, a-	
12	c		feet	bout 10 at	
13	d	The 2 of this	head and	night	
14	e	moneth Henry	ace		
15	f	the 1 dyed. 513	neck and		
16	g	years since.	Throate	Full moone	
17	a		Armes	the 19 day, a	
18	b		and	quarter past	
19	c		hands	11 at night	
20	d		Breast and		
21	e	Thomas, Apo.	Stomach.		
22	f		Heart and	Last quarter	
23	g		back.	the 26 day	
24	a		Botwells and	halfe an hour	
25	b	Chr st Nativ.	belly	past 1 at	
26	c	S. Stephen.	Loynes and	midnight	
27	d	S. John Ch st	rippes		
28	e	Innocents.	Secrets and		
29	f		bladder		
30	g		thighes and		
31	a		hanches		

White. 1648.

**A Prognostication for
this yeare of our Lord
God. 1648.**

Being the *Bissextile*, or the Leap-year.

**Wherein is contained the state
of the whole Yeare; the disposition
of each Quarter; and the Inclina-
tion of the Weather for every Quar-
ter of the Moone throughout
the whole Yeare.**

**With a Geographickall Epitomie, of
the Map of ENGLAND,
and WALES, &c.**

*Also many other things of consequence,
both pleasant and profitable.*

**And at the end of the Book, is the whole
Almanack, contained in one Lease, for this
Yeare 1648. which being cut out, is fit to be
placed into a Table-Book, Booke
of Accompt, or other.**

By *John White*, Well-willer to the *Mathematicks*.

**LONDON,
Printed for the Company of STA-
TIONERS, 1648.**

A brieft Cronology of diuers memorable thinges
of note, to this present yeare, 1648.

Since the Creatiō of the World to this yeare
 Since the Flood
 Since London was built
 Since Yorke was built
 Since the 72 Interpreters translated the Bible
 Since the death and passion of our Saviour
 Since the destruction of Ierusalem
 Since England first receiued the Christian Faith
 Since Scotland first receiued the Christian Faith
 Since the Conquest of England by Duke William
 Since S. Paules Church in London was built
 Since London-bidge was built with stone
 Since the first Lord Mayor of London
 Since the Order of the Knights of the Garter
 Since the Invention of Gunnes
 Since the Art of Printing was invented
 Since King Henry the 8. conquered Bulloigne
 Since the first use of Coaches in England
 Since the burning of Pauls steeple
 Since the Royall Exchange was built
 Since the Earles rebellion in the North
 Since the blasing Starre, and sharp Winter
 Since the Massacre in France
 Since the whole Heavens seemed to burne with Fire
 Since the former deep Snow
 Since the generall Earthquake
 Since Tobacco was first used in England
 Since the Campe at Tilbury in Essex
 Since the great Plague in London
 Since the Gunpowder Treason
 Since the former great Frost
 Since the death of Prince Henry
 Since the last deepe Snow
 Since the last blasing-starre
 Since his Maesties returne from Spaine
 Since the fall at Blackfryers
 Since his Maesties proclaiming
 Since Prince Charles was borne,
 Since the birth of the Lady Mary
 Since the birth of the Duke of Yorke.
 Since the birth of the Lady Elizabeth
 Since the King went last into Scotland
 Since the Parliament began to sit last at Westminster

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It is requisite for our healths that wee now use the most part, such things as are of a cold & dry quality, and let your Drinckes be more coole and small then in Winter : And now is the chiefeest time (if necessary require) to Bathe, Sweat, Purge, or Bleed.

The usuall Infirmities of this season, are the Measels, Small-pocks, Scabbs, Rushes in the face, Pestilence, Kings-evil, Agues, Fevers, &c.

Of the second part of the Yeare, called Summer.

Like the hot Summer, Man is in his prime,
Stout, bold, and fiery, seeking for to climbe.

Sol in Cancer, Leo, Virgo.

The Summer Quarter beginneth upon Sunday the eleventh of Iune, (which is the longest day in the yeare) and endeth upon Tuesday the xii. of September; and then the Sun entereth into the first degree of the Northerne Tropique of Cancer, and continueth his passage through these 3 Solstitial Signs, Cancer, Leo, and Virgo.

The naturall condition of this Quarter is to be hot and dry, signifying Man-hood, participating of the Cholerick complexion, which humour doth chiefly reigns from three of the Clock in the morning, till nine before noon. The Sun being now at the highest, causeth the Dayes to be longest, and the Nights to be shortest. Heat is greatest, Floods lowest, Seas quietest; and the Winds calmest: The face of the Earth is now adorned with flowers in their beauty, & fruits in their delicacy, who imparteth of her store to all Creature sensible, for their use and comfort: and the painefull

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As gather their Honey for their future sustenance.
Naturall heat is now dispersed abroad unto the
ward parts of the body, and Man is now not so hot
as in Winter, nor can he digest such grosse and
Meates as then: Yet are the smallest & coolest
most fitting for our healths, and little store of
best sufficeth Nature, and keepeth the body in
and those which be boyled are the best of digestion
weake stomachs; and now use such things as are
cold and moist quality: the Summer over-wet rot-
fruite, and destroyeth Corne.

The infirmities of this Quarter, are Purples,
Fibers, Pestilence, Agues, paine in the Head and Bel-
hot Apostumes; Jaundies, &c.

Of the third part of the yeare, called Autumne or Harvest.

As *Autumnus* Fruits are pluckt, and Leaves decay,
So Man declines, there's nothing at a stay.

Sol in *Libra*, *Scorpio*, *Sagittarij*.

A Vnumne, harvest, or the Fall of the Lease, now disro-
beth the Earth of her former glory, & taketh its be-
ginning on Tuesday the xii. of Septemb. & endeth on
Sunday the xi. of Decemb. At the beginning of which
Quarter the Sun is in the second Equinoctial point,
causing again the dayes and nights to be of an equal
length: it continueth the time of the Sun's passage
through these three Autumnall Signes, *Libra*, *Scorpio*,
and *Sagittarij*.

By Nature the condition of this Quarter is to be cold
and dry, (resembling middle Age) participating chiefly
of the Melancholy complexion, which humour doth
most

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most predominant from nine of the clock in the morning till three in the afternoone. Now Grasse is mowed, Corne is reaped, fruites gathered, and the laborious Husband-man should now receiue some profit of his forepassed toyle: (which the Lord of heauen grant to the reliefe and comfort of usal;) flowers fade, Leaves fall, floods increase, and all vegetables loose their former strength and vigour, and the most part of sensible Creatures seek them a shelter against the storm ensuing Winter: Of all the other Quarters of the yeare this is the most unwholsome, breeding diseases of diuers kinds in our Bodies; therefore it is expedient to beware of the morning and evening cold, and use such things as are of a hot and moist quality. It is not a fit time (if need require) to purge, Bath, and Bleed. An over-wet Autumne causeth scarcity of fruit, and rotteth Grapes, which maketh unwholsome wines.

The usuall Sickneses of this Quarter are many, as fluxes of Blood, sore Eyes, Agues, Melancholy, falling-sicknesse, pantes in the Back and Kidneys, Emroids, Spleene, the Stone, &c.

Of the fourth part of the Yeare, Called Winter.

Our Spring, our Summer, and our Autumne past,
Death like to Winter cometh at the last.

Sol in Capricorn, Aquarius, Pisces.

VVinter Quarter taketh its beginning upon Sunday the xi. of Decemb. & continueth till Saturday the x. of March the next ensuing yeare 1649. The beginning of this Quarter hath the shortest day & longest night in the yeare, and continueth till the Sun hath made his full reuolution through these three signes, Capricorn, Aquarius, and Pisces.

By nature this Quarter is cold and moyst, resembling old Age, and is of the Slegmatick complexion, which humor doth most predominate from three of the clock in the after noone, till nine at night. Now doth the coldest Mariners endure many a bitter Storme on the raging Ocean; for the Winds are high and strong, and the Ayre is cold, the vigour & strength of all things is waxeth weak and feeble: and the pores of the Earth are now enclosed, and shut up by the extreame coldnesse of the Ayre: Beasts seek for a shelter, Fowles fly to the warmest Climates, Serpents betake them to their Caves, and the Fishes get into the depeest of the Waters, and all to shun the extremity of the cold: we look whatsoever the cheerfull Spring and comfortable Summer did produce and nourish, this Quarter both destroyeth and banish; Yet the colder and dryer the Winter is, it is the more wholesome for Man and Beast: Yet too much cold destroyeth Trees, Plants, and flowers. A wet and warme Winter is a friend to Husbandry, but no friend to Nature; yet indifferent store of Snow doth ranken the Earth, and preserveth Corne. For the preservation of health, it is expedient that we should use such Meates as are of a hot and dry quality, expelling the cold and unwhollsome ayre with good Fires, warme Broaths, strong Wines, and comfortable Drinks; and be carefull to keep your Head and feet from wet and cold: but yet can the Stomack digest more grosse and strong Meats then in Summer; the reason is, that the naturall heat is driven (by the coldnesse of the Ayre) into the inward parts of the body to help digestion, and to comfort the vitall Spirits.

The Diseases and sicknesses of this Quarter, are these, Coughes, Rheumes, Soles, Colicues, Palsies, Agues, Cathars sore Eyes, Tooth-ach, Sciaticks, Cramps, Fluxes, &c.

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The New, Full, and Quarters of the Moone,
the ordinary Iudgement of the Weather, for every Q
ter of the Moon for this Yeare, 1648.

January.

Last Quarter on Friday the vii. day, neere v
clock in the morning: Wet.

New Moone on Friday, the xiii. day, halfe an
past vi. of the clock at night: Cold blasts.

First Quarter on Saturday the xxi. day, iii. qua
of an hower past x. of the clock at night: Frost.

Full Moone on Saturday the xxix. day, at xii. o
clock at midnight: Indifferent.

February.

Last Quarter on Friday the iiii. day, half an ho
past iii. of the clock in the afternoon: Snow or

New Moone on Sunday the xiii. day, neere one o
clock in the afternoone: Wet.

First Quarter on Sunday the xxi. day, neere iiii.
the clock in the afternoon: Faire.

Full Moone on Sunday the xxviii. day, iii. qua
of an hower past ix. of the clock before noon: Wet.

March.

Last Quarter on Sunday the vi. day, a quarter of
houre past iiii. of the clock in the morning: Faire.

New Moone on Tuesday the xiii. day, iii. quarters
an hower past vi. of the clock in the morning: Wet.

First Quarter on Wednesday the xxi. day, at iii.
the clock in the morning: Frosty.

Full Moone on Tuesday the xxviii. day, a quarter
an hower past vi. of the clock in the evening: Windy.

April.

Last Quarter on Tuesday the iiii. day, a quarter
an hower past ix. of the clock at night: rain cold.

New Moone on Wednesday the xii. day, iii. quarters
an hower past x. of the clock at night: Fair.

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Quarter on Thursday the xx. day, iii. quarters of an
past xii. of the clock at midnight: Faire.

Moone on Thursday the xxvii. day, neere v. of the
in the morning: Wet and Windy.

May.

Quarter on Thursday the iiii. day, a quarter of an
past xi. of the clock before noone: Windy.

Moone on Saturday the xiii. day, about xii. of the
at noone: Fair.

Quarter on Friday the xix. day, at vi. of the clock
noone: Indifferent.

Moone on Friday the xxvi. day, at xi. of the clock
noone: Faire.

June.

Quarter on Saturday the iii. day, halfe an hower past
the clock in the morning: Wet.

Moone on Saturday the x. day, halfe an hower past
of the clock at midnight: Faire.

Quarter on Saturday the xvii. day, a quarter of an
past x. of the clock at night: gentle blasts.

Moone on Saturday the xxiii. day, iii. quarters of an
past x. of the clock at night: Fair.

July.

Quarter on Sunday the second day, halfe an hower
of the clock at night: Faire.

Moone on Sunday the x. day, halfe an hower past
of the clock before noone: Indifferent.

Quarter on Sunday the xvii. day, a quarter of an
past iii. of the clock in the morning: Wet.

Moone on Sunday the xxiii. day, a quarter of an
past ix. before noone: gentle winds.

August.

Quarter on Tuesday the first day, a quarter of an
past two of the clock in the afternoone: Faire.

Moone on Tuesday the viii. day, at vi. of the
at night: Indifferent.

First

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First Quarter on Tuesday the xv. day, iii. quarters
an houre past ix. of the clock in the morning: *Clear.*

Full Moon on Wednesday the xvi. day, neere two
the clock in the morning: *Cloudy.*

Last Quarter on Thursday, the xxi. day, halfe an houre
past vi. of the clock in the morning: *Cloudy.*

September.

New Moon on Thursday the vii. day, neere iii. of the
clock in the morning: *Faire.*

First Quarter on Wednesday the xiii. day, half an houre
past vii. of the clock in the evening, *Faire.*

Full Moone on Thursday the xxi. day, a quarter of an
houre past xi of the clock before noone, *Clear.*

Last Quarter on Friday the xxix. day, at vii of the clock
at night: *Cloudy.*

October.

New Moon on Friday, the vi. day, a quarter of an houre
past xi. of the clock before noon: *high winds.*

First Quarter on Friday the xiii. day, iii. quarters
an houre past viii. of the clock in the morning, *Faire.*

Full Moon on Sunday the xxi. day, a quarter of an houre
past xi. of the clock in the morning: *Frost.*

Last Quarter on Sunday the xxix. day, halfe an houre
past vi. of the clock in the morning, *Faire.*

November.

New Moon on Saturday the iij. day, about halfe an
houre past ix of the clock at night: *Clear.*

First Quarter on Sunday the xii. day, about two of the
clock in the morning: *Cloudy.*

Full Moon (Eclipsed) on Monday the xx. day, halfe
an houre past vi. of the clock in the morning: *Frost.*

Last Quarter on Monday the xxviii. day, at iij. of the
clock in the evening, *Faire.*

December.

New Moon on Monday the iiii. day, halfe an houre past
ix of the clock before noone: *Faire.*

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first Quarter on Tuesday the xii. day, neere
two of the clock in the morning: Snow or Rain.

full Moon on Tuesday, the xix. day, a quarter of
an, houre past xi of the clock at night: Windy.

Last Quarter on Tuesday, the xxvi. day, halfe an
houer past xii. of the clock at midnight: rather cold.

Certaine breife Notes concerning the Yeare and parts there
of, with other generall Rules.

A yeare properly is that Revolution and space of time
wherein the Sun passeth through the twelve Signes
of the Zodiack.

A yeere hath in it twelve Moneths of the Sun, thir-
tene Months of the Moon: fifty two Weeks, three
hundred threescore and five dayes.

It is to be understood when a yeare hath in it but three
hundred threescore and five dayes, it is meant by the com-
mon yeare: But the Astronomical yeere containeth
three hundred threescore and five dayes and six houres:
and when it is Leap yeere, the yeare is a day longer than
the common yeares, which is in February, the Common ha-
ving but xxviii dayes, the Leape xxix.

A Moneth of the Moone is the space and length of time
which is between the New Moone and her Wane: and
the usuall or common Moneth, is a certaine number of
dayes, which are xxviii.

A weeke or Sebennight, is the fourth part of a Moneth

A Day is the seventh part of a weeke; & there be two sorts
of dayes, the one is a day natural, the other a day artificiall

A day naturall is the space of xxiiii houres, accounting
the night withall.

An artificiall day, is that space of time which is between
the rising and setting of the Sun.

An houre is the twenty fourth part of a day naturall.

And a minute is an houre divided into threescore

Alphabetical Catalogue of all the Shires, Cities, Market-Towns, Castles, Parishes, Rivers, and Parks, in every particular Shire in England and Wales; with the distance of miles, and points of the compas from London.

Shires and Countie.	Miles.	Points of the Compas.	Cities.	Market Towns.	Castles.	Parishes.	Rivers.	Parks.
Bark-shire	40	West	0	11	2	140	3	13
Bedford-shire	40	Nor.N.West	0	10	0	116	1	12
Buckingham-shire	35	No.Wc.by W.	0	11	0	185	2	15
Cambridge-shire	50	North	0	6	0	163	1	5
Cheshire	135	No. Westerly	1	9	3	68	9	18
Cornwall	200	We.by South	1	13	6	161	7	9
Cumberland	805	No. Westerly	0	8	5	58	20	84
Darby-shire	105	No.W.by No.	0	8	4	106	13	35
Devon-shire	155	We.by South	1	40	3	394	23	22
Dorset-shire	95	West So.West	0	15	6	248	4	11
Durham	180	Northerly	0	5	4	62	11	26
Essex	25	North-East	1	21	1	415	7	19
Gloster-shire	80	West by North	1	20	1	180	12	2
Hamp-shire	50	We.South.Wc.	1	18	5	248	4	23
Hartford-shire	25	North by West	0	18	0	120	1	23
Hereford-shire	100	West Nor.Wc.	0	8	7	176	13	8
Huntington-shire	50	North by South	0	5	1	72	1	75
Ken	26	South-East	2	17	3	398	6	20
Lancashire	155	No.Wc.by No.	0	3	6	56	33	38
Leicester-shire	72	No.Wc.by No.	1	11	2	200	1	13
Lincoln-shire	90	North by West	1	26	2	630	9	13
Middlesex	8	West by North	2	3	0	73	1	4
Northampton-shire	52	No.Wc.by No.	1	11	2	320	5	4
Nottingham-shire	95	Nor. No. West	0	11	6	168	5	8
Northumberland	210	Northerly	0	11	12	168	3	8
Norfolk	72	Nor. Nor. East	1	26	0	160	3	0
Oxford-shire	45	West Nor. We.	1	10	0	208	3	9
Rutland	70	Nor. Nor. We.	0	2	0	47	0	4
Shrop-shire	120	No.Wc.by W.	0	13	13	170	18	27
Somerset-shire	102	West by South	3	29	1	385	9	18
Stafford-shire	110	North-West	3	12	5	130	13	38
Suffolk	45	Nor.Ea.by No.	0	28	1	464	2	27
Sussex	25	South	1	18	1	312	2	30
Surrey	20	South So. West	0	7	0	140	1	17
Warwick-shire	75	North-West	1	12	1	158	7	16
Westmerland	185	Nor.Westerly	1	4	6	20	8	19
Wilt-shire	73	West	1	21	3	304	5	19
Worcester-shire	92	Nor.Wc.by W.	1	7	3	152	5	16
York-shire	145	Nor.by West	1	46	14	459	36	72
Angle	185	Westerly	0	3	0	83	8	0
Brecknock-shire	130	West by North	0	3	4	70	27	3
Cardigan-shire	155	West Nor. We.	0	4	0	77	26	0
Cardmarthin-shire	154	West by North	0	6	4	81	20	2
Carmarvan	175	No.Wc.by W.	0	5	3	73	17	0
Demhigh-shire	160	Nor. Westerly	0	3	3	53	24	0
Flin-shire	150	North-West	0	3	4	24	4	2
Glamorgan-shire	130	Westerly	0	7	12	151	16	5
Monngomer-shire	135	No. We.by W.	0	5	3	42	28	1
Monmouth-shire	100	West by North	0	6	7	142	15	8
Merionidh-shire	160	No.West by W	0	3	2	34	26	0
Pembroke-shire	180	West by North	0	6	5	142	6	3
Radnor-shire	130	West Nor.West	0	4	5	43	13	0

The Explanation & Use of the former Map & Tab

First for the Map: The figures in each shire of the map are to shew you the names of every County. & the Letters in the same are for ples, as I will shew hereunder.

You must understand that London is in Middlesex, & the County of Middlesex hath the figures of 22 in it, & the little black speck or spot therein signifieth London. Now if you would readily find the name of any Shire therein, & how many miles the middle of the same County (in a straight line) is from London, & what point of the Compass it lyeth from the said City; resort then to the Table of Shires on the other side, and it will resolve you.

As for example; Barkeshire it hath the figure of 1 in the Map, & so it hath likewise in the Table; where is shewed that the middle or heart of that Shire is 40 miles from London in a straight line, & it lyeth full west from the City, and looking forward toward the right-hand, it sheweth it hath no City, 11 Market-Townes, 2 Castles, 140 Parishes, 2 Rivers, & 12 Parkes. Againe Buckinghamshire hath the figure of 3 in the Map, & so it hath before it in the Table, the heart or middle of which shire is from London 35 miles, and lyeth North-west and by West from the said City, it hath no City, 11 Market-Townes, no Castle, 185 Parishes, 2 Rivers, and 15 Parkes; and so of the rest.

The use of the Letters in the Map, is this; S for Scotland, I for Ireland, F for France, M the Ile of Man, W the Ile of Wight, L the Lizard-point, H Holy-head, the * star the Irish Sea, B the Brittish or English Sea, G the German Sea, Ba Barwick, D Dover, N New-Castle, C the points of Compass, S the Scale of Miles, by which, you may measure the distance of any place; for every black degree is five Miles so is every white.

The 39 shires from Barkeshire to Yorkshire are the English Shires, & the other 13 from Anglesey to Radnorshire are Welsh.

I must confesse it is further in Miles to the middle of each shire, by reason of the crookednes of the Highways, Hills, and vallies, but what is here set down is meant in a straight line from London, as is said.

A Prognostication.

the severall Invasions, Incurfions, Possessions
and Conquests of England by forraigne Nations.

Ilands *England* was the greatest Ile,
by *Iulius Caesar* first of Romans knowne;
Frenchmen next it was possesst a while,
by *Claudius Caesar* they were overthrowne,
whom, though they allegiance due did yeeld,
yet still their Lawes and Customes they retain'd,
though they by strangers then were foild in Field,
yet beare a Strangers yoke yet they disdain'd.
Amongst all Islands *England* was the first,
that entertain'd the Gospell of the Lord,
that *Dioclesian* for blood did thirst,
on all that to this Doctrine did accord.
This Land by *French-men* and by *Scots* oppress'd,
the *Saxons* ayded it, and it enjoyd,
the *Danes* did vanquish them, and it possesst,
who by the former People were destroyd:
Ever since, the Noble *Normans* race
one hundred eighty one years have remaind,
by Forreigne powers their Kingdome could deface,
such stout victorious Kings of them have raig'n'd.
They have guide them still to reigne, and send us peace,
that long hath flourish'd in a happy state,
that love and True Religion may increase:
For we must all upon Gods pleasure waight.

The

The beginning, continuance, and ending
the Kings Reignes since the Conquest, with
the time how long it is since, to this Yeare, 1648.
Being fit for Scriveners, and such as are employ-
ed in Law causes.

The K. names.	Began his Reigne.	Rained yea: mo: dayes.	Since their Raignes began
<i>W: Con.</i>	1066 Octo. 14	20 y. 11 m. 22 day	581 Octob. 14
<i>W: Ruf.</i>	1087 Septem. 9	12 y. 11 m. 19 day	561 Septem. 9
<i>Henry 1</i>	1100 August 1	35 y. 4 m. 11 day	547 August 1
<i>Stephen.</i>	1135 Decem. 2	18 y. 11 m. 19 day	513 Decem. 2
<i>Henry 2</i>	1154 Octob 25	34 y. 9 m. 2 day	494 Octob. 25
<i>Richa. 1</i>	1189 Iuly 6	9 y. 9 mo. 22 day	459 Iuly 6
<i>R. John.</i>	1199 Aprill 6	17 y. 7 mo. 0 day	449 Aprill 6
<i>Henry 3</i>	1216 Octob 19	56 y. 1 Moneth.	432 Octob. 19
<i>Edwa. 1</i>	1272 Nouem 16	34 y. 8 m. 9 day	378 Noue. 16
<i>Edwa. 2</i>	1307 Iuly 7	19 y. 7 m. 6 day	340 Iuly 7
<i>Edwa. 3</i>	1326 Ianu. 25	50 y. 5 m. 7 day	322 Ianua. 25
<i>Richa. 2</i>	1377 Iune 21	22 y. 3 m. 16 day	371 Iune 21
<i>Henry 4</i>	1399 Septem 29	13 y. 6 m. 5 day	249 Septe. 29
<i>Henry 5</i>	1412 March 20	9 y. 5 mo. 24 day	236 March 20
<i>Henry 6</i>	1422 Augu. 31	38 y. 6 m. 18 day	226 August 31
<i>Edwa. 4</i>	1460 March 4	12 y. 1 mo. 8 day	188 March 4
<i>Edwa. 5</i>	1483 Aprill 9	0 y. 2. mo. 18 day	165 Aprill 9
<i>Richa. 3</i>	1483 Iune. 22	2 y. 2. mo. 5 day	165 Iune 22
<i>Henry 7</i>	1485 Augu. 23	23 y. 8 m. 19 day	163 August 23
<i>Henry 8</i>	1509 Aprill 22	37 y. 10 m. 2 day	139 April 22
<i>Edwa. 6</i>	1547 Ianua. 28	6 y. 5 m. 19 day	102 Ianua. 28
<i>Q. Mary</i>	1553 Iuly 6	5 y. 4 m. 22 day	95 Iuly 6
<i>Elizab.</i>	1558 Noue. 17	44 y. 4 m. 15 day	90 Nouem. 17
<i>R. Iam.</i>	1602 March 24	22 y. 0 mo. 3 day	46 March. 24

King Charles, 1625. March 27. After which, writing 24 years

A Prognostication

The explanation of the former Table.

NOte that every King began his raigne, the same time that the next precedent King ended his.

If you desire to know how long it is since the beginning of the raign of any King, look how long it is since the ending of the precedent King, and there you shall find your request.

As for example: If you would know when King Henry the 8 began his raigne, how long he raigned, & also how long it is since his raigne: find out first his name amongst the names of the kings, & searching the row towards the right hand, you shall find he began his raign in the yeare 1509. the 22 of Aprill, and under the title of the time that he reigned, is 37 yeares, 10 moneths, & 2 dayes: And looking forward in the same row, where is 139 yeares April 22 under the title of since his raigne began.

How to judge what Weather will follow, by the rising and setting of the Sunne.

The Sun rising bright & cleare, signifieth a pleasant day: If he rise fiery red, it promiseth raine: if in his rising he be thinly overcast with a cloud, it betokeneth foule weather: if the Sun drive the clouds before him into the West, it signifieth faire weather: if at his rising there appear a circle about him, & vanissheth away equally, it betokeneth faire weather. Also, if he sett eth red, it signifieth faire weather: If at his setting he be of divers colours, & clouds like water, it threatneth raine. If at the rising of the Sun, his beames seeme red, & long, & encompassed with red clouds it signifieth great winds: If at his setting there appear a thicke mist, & if it raineth in the evening, it threatneth very foule weather to follow. Also if the Sun beames spotted either green, pale or black, gathered to a
cloud

cloud it signifieth rain. The Sun setting cleare without any cloud, signifieth a faire night to ensue. If the circle, or circles about the Sun be cleare, & of no continuance looke for faire weather: If there be many circles, it signifieth windes: the redder they are, the more vehement windes. If the circles are here & there broken, & are thicke & black, look for cold wind or snow: or if he seile behind a great black cloud, rain followeth.

How Weather is foreknowne by the Moone.

If the Moone in the third day of her change, or three dayes before her full, or in the midst of the quarter, be found of pure light, nothing compassing her, the ends direct up, she promisseth faire weather: but bent to red color, proboketh winds. The Moone pale, or somewhat black or thicke, threatneth raine. When the Moone is fife dayes old, marke the tips of her hornes, if they be blunt, it signifieth raine: if sharp pointed & peiking upwards, great winds. If in the fourth day after her change, she have a red circle about her, it signifieth windes and raine.

Of the judgement of the Weather by the Stars

If the Starres appeare of much light, and seeme to bee of more bignesse and blazing then ordinary, it betokeneth great windes and moysture in that part where they seeme so: and in Winter, great frost. When diuine Starres appeare with long serpyntes, it threatneth windes, and great drought: the more in number, the greater will bee the effect. Also, when Starres seeme to shoot or fall, it signifieth great windes in that place: If they seeme to shoot in others places, it signifieth others windes: If in all places, windes, thunder, lightning, and most tempestuous weather.

Certaine

*Certaine and short Rules, for the comforting of the
cheefe officiall Members of the Body of Man.*

Things which are good to comfort the Head.

Agnum=Vloes, Mariorum, Galingale, Muske,
Rosemary, Roses, Camomell, Rue, Frankinsence,
Nutmegs, Hylop, Baine, Mints, Spike, and Gladen.

Things good for the Eyes.

fennell, Vervan, Cloves, Cold water, Celendine, Ey-
right, Roses, and Agrimony.

Things good for the Stomack.

Nutmegs, Cloves, Origanum, Corall, Saffron, Ma-
wormwood, Olibanum, Agrimony, fumatory, Ma-
ch, Lignum=Vloes, Spodium, and Coriander prepared

Things good for the Heart.

Saffron, Cloves, Syonaton, Mace, Nutmegs, Ma-
worm, Bnrrage, Buglosse, Rosemary, Mirabolanes,
Searles, Lignum=Vloes, Corall, Muske, and Serwet.

Things good for the Liver.

Liberwort, great Raisons, Wormwood, Agrimony,
Saffron, Cloves, Endive, Violets fennell, Plantine,
Dragons, Rose-water, Lettuce, Violets, Sanders.

Things good for the Lungs.

Lectris, Raisons, Almonds, Dates, Lungwort, May-
baine, Ellicampane, Pissaces, and Penodes.

Things hurtfull for the Body.

Meates hurtfull to the Teeth.

N Whites, Meates very hot, Warmed drinke, Sweete
meates and drinukes, Radish Rootes, Hard meates,
Wetter meates, Milke, much Vomiting, Leechs, Fatte of
H, Colworts, and Limmons.

Things hurtfull to the Eyes.

Garlick, Onions, Radish, Drunkennesse, Letchery,
meate & thick Wines, salt meates, Coleworts, all Dulce,
Wine, Dust, Smoake, fire, and reading present-
ly after supper.

Rules of Menfuration.

An Inch,
 A Fingers bredth,
 A Hand bredth,
 A Foote,
 A Yeard,
 An Ell,
 A Span,
 A Foote,
 A Geometrical pace,
 A Fadome,
 10 Fadome,
 A Furlong,
 Our English Furlong,
 A Perch or Rod,
 An Acre,
 A League,
 An Italian or English myle
 A German Myle,
 A Score,
 An Handreth,

3 Barly corns layd end to end,
 4 Barly corns in thickenesse,
 4 Fingers.
 12 Inches.
 3 Feete.
 5 Quarters of a yard.
 3 Hand bredths.
 4 Hand bredths.
 5 Feete.
 6 Feete, or 2 Yeards.
 A Score of 20 yeards.
 123 Paces.
 132 Paces, or 660 Feete.
 5 yeards & a half, or 16 feet & a half.
 160 Perches, 528 paces, or 2640 feet.
 1500 Paces.
 8 Furlo. or 1000 paces, or 5000 feet.
 32 Furlongs,
 20 Yards.
 600 Feete, after 5 score to the 100.

each contains

Of the Weights of ENGLAND.

We use commonly two kind of weights, as Troy and Haberdensis: by Troy weight we weigh Wheat, Bread, Gold, Silver, and such like.

24 Gaines of Wheat dry	} contains	{	One penny of Troy weight
20 Pence,			One Ounce.
12 Ounces,			One Pound.

By Haberdensis is weighed all kind of Groceries, Distill'd Drugs, and grosse wares, as Pitch, Wax, Tallow, Flax, Iron, Lead, Copper, Glasse, &c. And though this Pound be greater then the Troy, yet are the Ounces lesser.

20 Graines of Barley dry	} contains	{	One Scruple of Haberdensis
3 Scruples,			One Dramme.
8 Drammes,			One Ounce.
16 Ounces,			One Pound.
112 Pound,			100 Weight.
A Tunne,			20 Hundred.

A Table
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The ag
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The Moones night shining.

Each
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White 1648

A Table to know how many houres and Minutes the Moone shineth every Night in the Yeare.

The age of the Moone encreasing.	The Houres and Minutes that she shineth.		The age of the Moon decreasing.
	Houres.	Minutes.	
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	36	18
13	10	24	17
14	11	12	16
15	12	0	15

The Moons Morning shining.

The use of this Table.

Take the age of the Moone in the Almanack, then look the same in this Table, which you shall finde either in the Increasing or Decreasing: and then in the middle Columnes shall without further labour finde the time of her shining. As for example: Upon the 22 day of January, I would know how many houres and minutes the moone shineth: I see in the Almanack it is New moon the 24 day: and reckon from the next day to the 22: I finde there is eight dayes. Then entring this Table, it sheweth she shineth 8 houres and 24 minutes: so doth she likewise when she is 22.

Of an Eclipse of the Moone this Yeare 1648

There will happen an Eclipse of the Moone this Yeare
on Sunday the twentieth of November about half an hour
past six of the Clock in the morning.

Bright Silver *Cynthia's* faire rotondeous face
Is masked, and Eclipsed in disgrace
By melancholy *Terra*; for a while,
But she will soon unvayle, and at Earth smile.

The reason of the Moones Eclipse, is the interposition of
the body of the Earth betwixt the Sun and her for a while, the
Moon having no light of her selfe, but what she receiveth from
the Sun.

The Explanation of a new and easie KALENDER here
following, for this present Yeare, 1648.

Note that every Month containeth three Rowes of Col-
umnes, (the Figures for the number of Dayes excepted)
The first Coluime toward the left hand containeth the Week
Dayes and Sunday Letter: The second, the Signe wherein
the Moon is every day. And the third, the Changes, and Quar-
ters of the Moon, Note that she being thus O figured, doth
signifie the new Moon; & placed this D way is the first Quar-
ter: This ● the full Moon: And againe this C the last Quar-
ter. Note also that the Figures over the head of the Moones
do signify the houre of her Change, Full. or Quarters, and
the Letters above or beneath, the time after noone. or after
midnight, N standing for After noone till Midnight, and M, for
after Midnight till Noone.

As for Example, against the 7. day of January, being Fri-
day, I do find the Moone in m Scorpio, and thus (charactered
which is the last Quarter, at five of the clock in the morning.
Again, on the 13. day of February being Sunday I do find
the Moon in ♋ Pisces, and is thus O charactered, which is the
new Moon, at 1 of the clock in the afternoon, &c.

Note also, that at the head of every month is placed the signe
and sitting of the Sun, for the midst of every month is placed
for Example for the middle of January, the ☉ Sun is at
7 of the clock and 43 minutes; and setteth at 48 minutes.

It also containeth (on the backside of the leafe) for every
Month, the Feasts both Moveable and Fixed, with the be-
ginning and ending of every Terme: As Twelfthday is on the
6 of January, Easterday is on the 2. of Aprill, Whitsonday
on the 21. of May: Terme begins on the 24 of January, and
endeth on the 12 of February, &c.

and casie Almanack for this Yeere

4 8 which being cut out, is fit to be placed

into any Booke of *Accompts, Table-booke, or*

other, conteyning the whole Kalender, in

a short method; By *Iohn White.*

	Februa.	March.	April.	May.	June.	July.	August
43	6.46	5.50	4.51	4.4.	3.47	4.12	5.4.
47	5.14.	6.10.	7.9.	8.56.	8.13.	7.48.	6.56.
	d	d	g	b	e	g	c
	at	m	at	at	at	at	at
	m	m	b	d	g	b	e
	gm	gm	c	e	at	c	f
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♈ Aries, ♉ Taurus, ♊ Gemini, ♋ Cancer, ♌ Leo,
 ♍ Libra, ♏ Scorpio, ♐ Sagittarii, ♑ Capricorne, ♒
 ♒ Pisces. The ☉ New Moone. The ☾ first Quarter.
 The ☾ Full Moone. The ☾ last Quarter.
 And B. and A. the Sunday Letters,

Day. M.	Septem.	Octob.	Nove	Decem.	The Feasts Moouecable : With the
	☉ 6.4 5.56.	☉ 7.3 5.57	☉ 7.55 4.5.	☉ 8.13 3.47	January.
1	f ☉	☾ ☉	d ☉	f m	New years day 1.
2	g ☉	b ☉	e ☉ at	g m at	Twelſe day 6.
3	☾ ☉	c ☉	f m 9	a ☉ 9	Terme begin. 24.
4	b ☉	d ☉ at	g m ☉	b ☉ ☉	
5	c ☉ at	e ☉ II	☾ m n	c ☉ m	February.
6	d ☉ 3	f ☉ ☉	b ☉ 7	d ☉	Purif. of Mary, 2.
7	e ☉ ☉	g m m	c ☉ 7	e ☉	Terme ends, 12.
8	f ☉ m	☾ m	d ☉	f ☉	Shrouelſun. 13
9	g ☉	b ☉ 7	e ☉	g ☉	S. Mathias, 25.
10	☾ m	c ☉ 7	f ☉ at	a ☉ at	March.
11	b m at	d ☉ at	g ☉ 2	b ☉ 2	Ann. of Mary, 24
12	c ☉ 7	e ☉ 9	☾ ☉	c ☉)	Init. Reg. Car. 27
13	d ☉)	f ☉)	b ☉ m	d ☉ m	April.
14	e ☉ n	g ☉ m	c ☉	e ☉	Eaſter day. 2.
15	f ☉	☾ ☉	d ☉	f ☉	Low-Sund. 9
16	g ☉	b ☉	e ☉	g ☉	Terme hegin. 9
17	☾ ☉	c ☉	f ☉	a ☉ at	Mark Ephan. 25.
18	b ☉	d ☉	g ☉ at	b ☉ II	May.
19	c ☉ at	e ☉	☾ II 6	c ☉ ●	Phil. & Iacob, 1.
20	d ☉ 12	f ☉ at	☾ II ●	d ☉ n	Regat. ſund. 7
21	e ☉ ●	g ☉ II	c ☉ m	e ☉	Aſcenſion day. 11.
22	f ☉ at	a ☉ ●	d ☉	f ☉	Terme ends. 15.
23	g ☉ ni	b ☉ m	e ☉	g ☉	Whitſunday. 21.
24	☾ ☉	c ☉ II	f ☉	a ☉ at	June.
25	b ☉	d ☉ II	g ☉ at	b ☉ 12	Terme begins 2.
26	c ☉	e ☉	☾ ☉ 4	c ☉ (Terme ends 21.
27	d ☉ at	f ☉ at	b ☉ (d ☉ a	S. Iohn Bap. 25.
28	e ☉ 7	g ☉ 6	c ☉ n	e ☉ nt	Peter & Paul. 29.
29	f ☉ (☾ ☉ (d ☉	f ☉ i	
30	g ☉ n	b ☉ me	e ☉	g ☉ 7	
31	☾ ☉	c ☉		a ☉ 7	